**Criteria Statement**

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Learning artifacts are information resources that can illustrate the value of a course. The different assignments included in the course have promoted my understanding of nursing concepts, which will be useful in improving my clinical practice. The selected artifacts for the ePortfolio feature are an essay I worked on focused on the health maintenance of osteoporosis and a group assignment on Islam and its culture.

**Osteoporosis Health Maintenance Artifact**

The osteoporosis health maintenance artifact explored the details of managing the condition by exploring its risk factors, etiology, pathophysiology, signs and symptoms, diagnostic methods, treatment options, delivery of patient education, and community agency programs. I selected the artifact because it helped me understand the factors associated with a diagnosis that ranged from lifestyle to underlying medical conditions. The information learned from the artifact continues to help me prioritize the critical evaluation of patients’ medical history and consider the pathophysiology of diseases before proceeding to care plan development when I was in Nursing school. The extensive analysis of osteoporosis in the assignment had helped me develop a culture of educating patients on the link between their medical history and their current diagnosis. Additionally, the artifact had also enabled me to identify different community resources available for patient support that I could use to promote continuity of care after discharge.

**Muslim Group Assignment Artifact**

The Muslim group artifact was an interesting assignment focused on a cultural exploration through a review of the Islamic religious group globally, its followers, family structures, healthcare practices, and the clinical application of the information. I selected the artifact because it offered me insights into the Islamic religion, such as their beliefs, that could improve my cultural awareness of their needs during care provision. This artifact is important today because it aligns with the need to promote cultural competency among healthcare providers. Since Islam is one of the most practiced religions globally, my understanding of the role of Muslim religious beliefs and their culture in patients’ healthcare decision-making practices helped promote my ability to develop patient-centered care plans.

**Conclusion**

The two artifacts selected have improved my understanding of patients’ needs. By applying concepts from the artifacts in clinical case evaluation, my delivery of holistic care had improved. The artifacts depict the diverse lessons drawn from the course.